

METHODS OF MEDITATION ON SCRIPTURE

Summary of the methods of meditation on Scripture taught by Don Whitney (www.BiblicalSpirituality.org)

Begin by selecting a passage for meditation from your time of reading God's Word. Choose a verse or phrase that attracted your attention, or a theme verse or key verse from the passage.

1. Emphasize different words in the text.

<i>Whatever</i> He says to you do it (John 2:5).	Whatever He says <i>to you</i> do it.
Whatever <i>He</i> says to you do it.	Whatever He says to you <i>do</i> it.
Whatever He <i>says</i> to you do it.	Whatever He says to you do <i>it</i> .

2. Rewrite the verse or phrase in your own words.

3. Formulate a principle from the text—What does it teach?

4. Think of an illustration of the text—What pictures or explains it?

5. Look for applications of the text—What should you do in response to it?

6. Ask how the text points to the Law or the Gospel.

7. Ask how the text points to something about Jesus.

8. Ask what question is answered or problem is solved by the text.

9. Pray through the text.

10. Memorize the text.

11. Create an artistic expression of the text—a song, poem, or sketch.

12. Ask the Philippians 4:8 questions of the text.

What is <i>true</i> or what truth does it exemplify?	What is <i>lovely</i> about it?
What is <i>honorable</i> about it?	What is <i>admirable or commendable</i> about it?
What is <i>right</i> about it?	What is <i>excellent</i> about it?
What is <i>pure</i> or how does it exemplify purity?	What is <i>praiseworthy</i> about it?

13. Ask the “Joseph Hall” questions of the text.

What is it (<i>define and/or describe</i> what it is)?	What are its <i>qualities and attachments</i> ?
What are its <i>divisions or parts</i> ?	What is <i>contrary, contradictory or different</i> to it?
What <i>causes</i> it?	What <i>compares</i> to it?
What does it <i>cause</i> (its <i>fruits and effects</i>)?	What its <i>titles or names</i> ?
What is its <i>place, location or use</i> ?	What are the <i>testimonies or examples of Scripture</i> about it?

14. Set and Discover a minimum number of insights from the text (set the number in advance).

15. Find a link or common thread between all the chapters or paragraphs you've read.

16. Ask how the text speaks to your current issue or question.

17. Use Meditation Mapping.

- Put the verse(s), phrase, word or topic to be meditated upon in the *middle* of the page. (When possible, this should be done in picture form.)
- Allow insights, ideas and thoughts to come *quickly and freely*.
- Use *key words* to represent your ideas.
- Connect* your key words ideas to the central focus with lines.
- Use as *few words* per line as possible.
- P-r-i-n-t* all the words for easier reading.
- Use *color* for emphasis and recall.
- Make frequent use of *symbols and pictures* in addition to words.

See: Buzan, Tony. *The Mindmap Book*. New York: Plume/Penguin, 1996.
Wycoff, Joyce. *Mindmapping*. New York: Berkley, 1991.